

**Template: The ABC method**

<b>A</b> Activating event	<ul style="list-style-type: none"><li>• Your stress-inducing experience</li></ul>
<b>B</b> Beliefs	<ul style="list-style-type: none"><li>• What are your beliefs about the experience?</li></ul>
<b>C</b> Consequences	<ul style="list-style-type: none"><li>• What are the consequences of your beliefs — feelings and actions?</li></ul>
Alternative <b>B</b> eliefs	<ul style="list-style-type: none"><li>• What more helpful beliefs could you adopt about the experience?</li></ul>
Alternative <b>C</b> onsequences	<ul style="list-style-type: none"><li>• What would be the new consequences of the alternative beliefs?</li></ul>